

Tamsyn Hayes

BACKGROUND

I came to triathlon in 2006 initially as a recreational athlete where I was looking for something to do after competitively rowing for 8 years.

Soon after the switch I had a couple of major set backs with knee injuries which forced me to take some time away from sport. After sorting out the running related injuries I become serious in 2009 where I competed in the Olympic Distance World Championships in the Gold Coast. After not having success over that distance I changed my focus last year to the half ironman and ironman distance triathlons where I received some good results.

Suffering knee injuries again in early 2010 I changed to Newton running shoes and have been sold on their principle design of forefoot running. I have seen massive improvements in my running and lack of injuries.

RESULTS

2010

South Island Ashburton Half Ironman Champs

- 1st female overall

Gold Coast Half Ironman

- 1st in age group
- 2nd amateur overall
- 12th female overall

Southland Summer Challenge (Gore Half Ironman)

- 1st female overall

Wanaka Half Ironman

- 1st in age group
- 2nd female overall

2009

South Island Ashburton Half Ironman Champs

- 3rd female overall

UPCOMING RACES

2011

Challenge Wanaka

This will be my first Ironman distance race. I am looking forward to putting all my training into action and seeing what this longer distance is all about.

Cairns Half Ironman

I am aiming for this to be my first event racing as a professional.

I would like to thank Newton Running for helping me out and continuing to keep my body injury free to compete in the sport I love

Tamsyn